



Spc. Amanda McBride

**Early morning run boosts unit morale - Led by Lt. Col. Nora Marcos, 3rd Infantry Division Special Troops Battalion commander, Soldiers with the STB take off on a three-and-a-half mile morning run Aug. 28 in the National Guard Training Area at Fort Stewart. The run was the first battalion run since the unit returned from Operation Iraqi Freedom and was designed to display the battalion's esprit de corps.**

## Battle for bulk rages in cardio vs weight workout

**Spc. Dustin Gautney**  
2nd BCT Public Affairs

Many Soldiers focus on physical fitness as part of their daily routine; however the dilemma many Soldiers confront is the choice of cardio versus weightlifting to obtain their goals.

"Cardio, especially running, is one of the best possible workouts," said Nathaniel "Superpunch" Robinson, master fitness personal trainer at Newman Fitness Center, and former bodybuilder.

"Cardio burns fat and trims down the entire body, while building total muscle endurance. However, if size is your goal, many Soldiers choose weight training over various cardio options."

Robinson said size and power are benefits for weight training.

"Weight lifting develops coordination and balance, as well as building total body size and strength," he said.

However the size and strength due to weightlifting comes at a cost.

"When it came time to take the Army Physical Fitness Test, my run time would suffer because of all the extra weight and mass I had built up," Robinson said of his body building experience as an active duty Soldier.

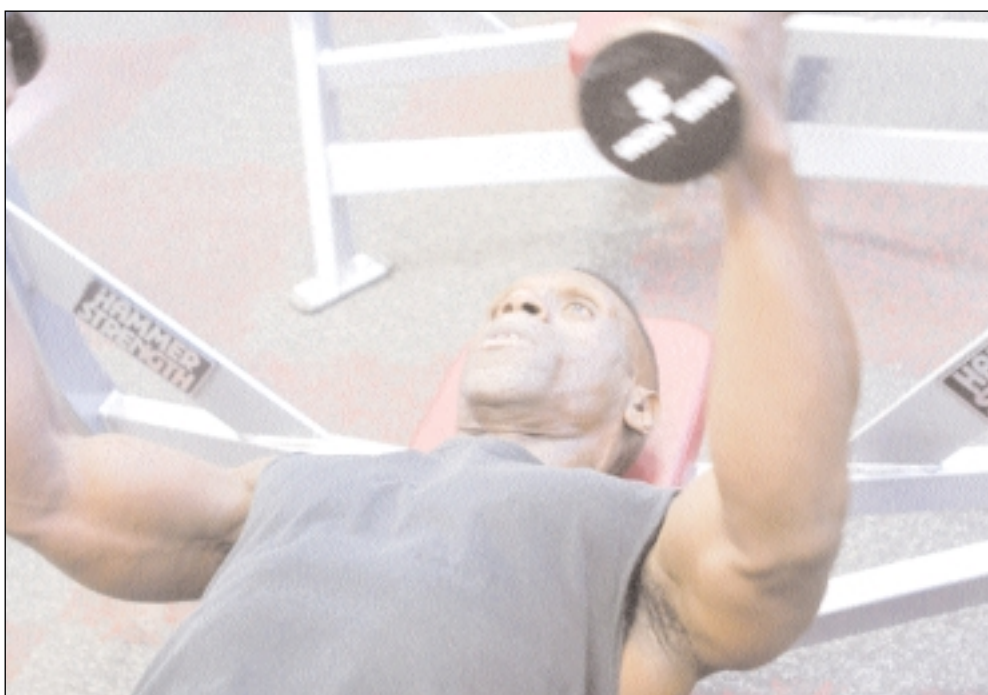
Finding a balance between cardio and weightlifting is possible, said Robinson.

"Balance is key, unless you are trying to become a bodybuilder. Finding a balance between cardio and weightlifting will develop better total body fitness rather than choosing one option over the other."

To obtain a balance, Robinson suggests Soldiers do a cardio exercise such as running two to five miles, then do weightlifting like using light weights and more reps.

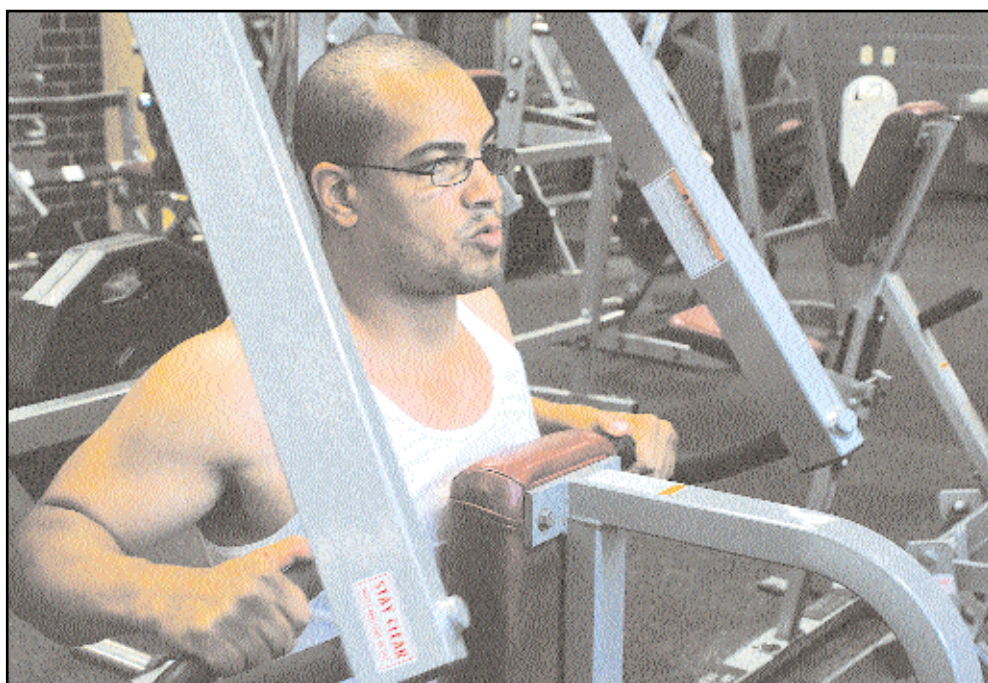
"Balancing between cardio and weightlifting helps build total body definition and overall physical fitness," he said.

This balance will help you obtain the results most people are looking for from physical fitness, Robinson said.



Photos by Spc. Dustin Gautney

**Former bodybuilder and Master Fitness Trainer, Nate Green, uses free weights at Newman Fitness Center, Sept. 2.**



**Staff Sgt. Rodney Marcos, Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, focuses on lifting weights at Newman, Sept. 2.**



**Terry Davidson, retired Army, gets a cardiovascular workout at Newman Fitness Center, Sept. 2.**

## Punt, pass, kick competition comes to Stewart-Hunter

**Special to the Frontline**

Fort Stewart is hosting the annual local National Football League, Pepsi Punt, Pass, and Kick competition 10 a.m., Sept. 20 at the youth football field located on Greene Street.

The competition is free and open to all boys and girls in the local community, ages 8-15 (age as of Dec. 31 this year).

Boys and girls will compete separately.

Top winner in each age division will return Oct. 25 to compete in the Sectional.

Visit Jordan Youth Gym, building 608 on West 6th Street to fill out and submit the entry form.

Children who are not registered with Child and Youth Services must bring proof of age. For more information, call 767-4371 or 767-9270.



# Jake's Body Shop:

*'I want results – now!'*

**Jake Battle**  
DMWR Fitness Coordinator

Have you ever started an exercise program only to watch it slip away?

"About 50 percent of those motivated enough to start an exercise program drop out within the first six months."

Edward McAuley, professor of Kinesiology at the University of Illinois, teaches Sports and Exercise Psychology.

He said if you are one of those persons, one reason may be that you haven't had the chance to develop self-confidence in your ability to continue with it over the long term.

According to McAuley, for the best results, you should do at least 20-40 minutes of light to moderate aerobic exercise three times a week. But, if you are like most of us, the best intentions don't always happen. Only about 20 percent of adults stick to their program. About 40 percent exercise infrequently, and about 40 percent don't exercise at all. The most sedentary group is adults 45 to 64 years old.

## Why we stop exercising

According to McAuley, "It should be remembered that initial involvement in an exercise program may not be a particularly pleasant,

fun or enjoyable experience."

The most common reasons for quitting are time constraints and lack of motivation.

"It's not that people can't go out and exercise for 20 minutes, but it's that they find a reason not to."

What you need is to emphasize the gains you are making through exercise, McAuley said.

Build your self confidence, gear your exercise program to see results from day one.

Look for progress and celebrate any improvement.

## Get past three months

Based on a five-month study, McAuley concluded that the first three months of a program are the crucial period for deciding the longevity of an exercise program. If the exercise program is conducted with attention to developing self-confidence, you are much less likely to drop out during the following months, he said.

"People with a belief in their ability to exercise, even in the face of obstacles, exercise more often and perceive the exercise to be less physically demanding," McAuley said.

"With time, exercise will become a fulfilling part of your life."



# Marne Lanes League Bowling

Marne Lanes offers a variety of individual and league play to Soldiers, Family members and civilians. Stop by to register for league bowling with opportunities ranging from open competition, seniors, scratch, church or youth teams.

To join, choose a time or league in which you wish to bowl. Fill out the registration form available at Marne Lanes. Return the registration form to the reception counter. For more information about times or leagues, call the Marne Lanes at 767-4866 or log on to [www.fsusbc.org](http://www.fsusbc.org).

## Leagues

League	Time	Type	team #	Date
Monday Night Open	7 p.m.	Open Mixed	4	Sept. 8
Senior Mixed Classic	10 a.m.	Mixed	3	Sept. 8
Senior Friends Hi/Lo	7 p.m.	Singles/Doubles	1	Sept. 10
Thursday Night Church	7 p.m.	Open Mixed	3	Sept. 4
Friday Night Open	7 p.m.	Open Mixed	4	Sept. 5
Saturday Morning Youth	9 a.m.	Youth	4	Sept. 6

# Sign up for CYS youth activities

## Soccer

Register for Child and Youth Services youth soccer. Registration is ongoing through Sept. 12 or until all slots are filled. The activity is open to all CYS youth 4-13 years old (as of Aug. 1.) Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool. CYS is open 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday and 9 a.m. to 6 p.m.,

Wednesday.

All CYS members must have a current physical on file when registering. For more information, call CYS at 767-2312 or Youth Sports at 767-4371.

Volunteers are needed to coach soccer teams. If interested, call 767-4371. New volunteers will be required to come to Jordan Youth Gym to complete a volunteer registration form and submit to a background check.

# Try out for Army Taekwondo Team

Seeking Soldiers, Department of Defense civilians, and dependents of all skill levels, Sages, and martial arts background, to represent the Army at the 2009 Taekwondo Nationals to be held in Fort Lauderdale, Fla.

Qualifier for nationals will be held in March; location tentatively scheduled for Atlanta, Ga.

Areas of interest include Olympic sparring, point sparring, and kata/form. If interested, contact Staff Sgt. Charles Wesley at 704-5340.

# High School Football Schedules

## Liberty County High School Panthers 2008-2009 Football Schedule

Date	Time	Opponent	Location
Sept. 5	7:30 p.m.	Beach	Home
Sept. 12	7:30 p.m.	Effingham Co.	Away
Sept. 19	7:30 p.m.	Glynn Academy	Home
Sept. 26	7:30 p.m.	Washington Co.	Away
Oct. 3	7:30 p.m.	Thomson	Home
Oct. 10	7:30 p.m.	West Laurens	Away
Oct. 17	7:30 p.m.	Burke Co.	Home
Oct. 24	7:30 p.m.	Baldwin Co.	Away
Oct. 31	7:30 p.m.	Richmond Hill	Home
Nov. 7	7:30 p.m.	OPEN	-----

## Bradwell Institute Tigers 2008-2009 Football Schedule

Date	Time	Opponent	Location
Sept. 5	7:30 p.m.	Wayne Co.	Home
Sept. 12	7:30 p.m.	Houston Co.	Away
Sept. 19	7:30 p.m.	OPEN	-----
Sept. 26	7:30 p.m.	Groves	Home
Oct. 3	7:30 p.m.	Jenkins	Away
Oct. 10	7:30 p.m.	Windsor Forest	Home
Oct. 17	7:30 p.m.	Savannah High	Away
Oct. 25	7:30 p.m.	Beach	Away
Oct. 30	7:30 p.m.	Johnson	Away
Nov. 7	7:30 p.m.	Camden Co.	Home

## Jenkins High School Warriors 2008-2009 Football Schedule

Date	Time	Opponent	Location
Sept. 6	6 p.m.	South Effingham	Home
Sept. 12	7:30 p.m.	OPEN	-----
Sept. 19	7:30 p.m.	Savannah Christian	Away
Sept. 26	7:30 p.m.	Johnson	Away
Oct. 3	7:30 p.m.	Bradwell Institute	Home
Oct. 10	7:30 p.m.	Savannah High	Away
Oct. 17	7:30 p.m.	Windsor Forest	Away
Oct. 24	7:30 p.m.	Camden County	Away
Oct. 31	7:30 p.m.	Beach	Away
Nov. 6	7:30 p.m.	Groves	Home

